

What Is Expected

CONGRATULATIONS YOU found your way to Alcoholics Anonymous. You may be here for the first time, or you may be returning. Either way, you never have to pick up a drink again.



Have you called your sponsor today?

What Is Expected

GO TO MEETINGS

Meetings are where you will make contact with the fellowship, find out what we mean by Big Book and other references, get phone numbers and discover how you fit into the AA fellowship.

DON'T DRINK BETWEEN MEETINGS

Do not pick up a drink between meetings. If you do not take a drink, you cannot get drunk. If you think you might drink put it off for 15 minutes, then another 15 minutes and so on until you can get to a meeting. Use the phone to call someone before you take a drink - after you take a drink there is nothing they can do to help.

GET A BIG BOOK

The Big Book is the book Alcoholics Anonymous. Copies are available for sale in almost every meeting. You can find copies in used bookstores, or even in the public library. We recommend you become familiar with the first 181 pages (164 basic pages plus Dr. Bob's story at the beginning of personal stories).

GO TO SEVERAL BIG BOOK STUDY MEETINGS

Big Book Studies will read a portion of the book as a group and discuss its meaning. The "program" is found in the Big Book and these study meetings will help you far more than reading the book by yourself.

GET A HOME GROUP

When you have been to some meetings, it is suggested that you find a “home group.” That is a group you attend regularly and get to know people (and be known).

Get phone numbers. Some people will offer you their phone numbers - use them. There is nothing magic about having a list of numbers in your pocket. Calling someone to ask what meetings they would recommend, when they said something that specifically addresses a problem you are having, or before you take a drink. Use phone numbers.

GET A SPONSOR

A sponsor is someone who is ahead of you in the Program who can get to know your story, share their story, and show you how to work the “Steps.”

DO SERVICE

The meetings exist because people volunteer to set up the tables, make coffee, set out the literature, greet people at the door, or clean up after the meeting. This kind of service helps you feel part of the meeting and gives you the opportunity to talk with people casually.

There is an unofficial suggestion of 90 meetings in 90 days. Part of the reason is the commitment gives you a real chance to understand what we offer, the different types of meetings and enough time detoxifying your body to be able to have a clear enough mind to answer the question: “Am I an Alcoholic?”



NON-CONFERENCE APPROVED LITERATURE

AA, as an organization, has *no opinion* on outside issues.

There is no religious text that has been “approved” for use. No therapeutic text has been “approved.”

Each Group is independent and may or may not allow non-Conference Approved literature and can determine its own policy by vote and Group Conscience..

CONFERENCE APPROVED LITERATURE

Most groups offer a variety of free pamphlets from AA to provide the members with specific questions. Several of these free pamphlets are aimed at the newcomer. These pamphlets, unlike **SPONSOR MAGAZINE**, are “**Conference Approved**” which means they are never the opinion of one person, but a true reflection of the shared experience of the Fellowship as a whole.

The process to be Conference Approved provides a good way to understand the whole AA support structure.

If you become a member of a local **Home Group**, you have a vote in that group’s **Home Group Business Meeting**. As a member of that Business Meeting you vote on your Home Group’s **General Service Representative (GSR)**. Your GSR goes to the local **District** meeting with the GSRs from dozens of other Groups. Each District is part of an **Area**, which includes representatives called **District Committee Member (DCM)**. Each Area then reports to World Service Office (WSO) on the result of any vote conducted for the service structure.

HOW THE LITERATURE IS CREATED

A member in a meeting has an idea for a piece of literature. She or He works up a draft, usually with members of the local fellowship. The draft is either sent directly for WSO, or passed up by their GSR to the District, Area and then WSO.

WSO has a committee that meets to consider the new literature and either accept the idea, rejects the idea (as a group), or revises the idea. The committee version, if a new piece of literature is proposed, then passes it down to the Areas, who give it to Districts, who give it to GSRs, who carry it to their Home Group for review and a vote.

That vote is carried by the GSR, back to the District, back to the Area and back to WSO. If the fellowship has voted for revisios, the revision goes through the same process. Again and again.

In the end, to be “Conference Approved” each piece of literature has been seen and approved by tens of thousands of members of the fellowship. Not everyone participates in the service process, but what winds up on the literature rack is the end result of years of cooparation and participation by every Group who chooses to participate.